

July 2011

Professional Vitae for Mrs. Muza Hanina, M.Sc.

Mrs. Muza Hanina has been a project researcher (1994-2009) at the Research Institute for Olympic Sports (KIHU), Jyväskylä, Finland working on research grants from the Ministry of Education, Finland.

Mrs Hanina (born in 1949 in Pskov, Russia) graduated as a professional coach and PE teacher from the State Sports University named after P. F. Lesgaft in St-Petersburg, Russia in 1975. From 1975 to 1991 she coached different swimming teams and also worked with fitness groups (children and grown-ups).

As a professional coach, Muza has specialized in sports science, coaching and qualitative biomechanics. She has been trained in the Old Way / New Way methodology and she has participated in several learning trials (LT). With hands-on practical experience in LT, she is an expert in performance error analysis and identification of individually optimal technique in different sports. From 2000 to 2010 she participated in three projects on optimization of individual technique in top-level Finnish athletes (grants from the Ministry of Education, Finland, Finnish Olympic Committee, and the Kuortane High Performance Center).

Mrs. Hanina's practical work and consulting focused on the development of practical tools for top-level athletes and coaches for correction and improvement of individually optimal technique. These athletes represented track-and-field (*javelin*, *hammer*, *shot-put*, *discus*, *decathlon*, *pole-vault*, *sprint*, *400m*, *long & high jumping*) as well as other sports (*diving*, *swimming*, *shooting*, and *volley-ball*). Recent publications and professional presentations at numerous scientific conferences in Finland and abroad illustrate this direction of her research interests and skills in applied practical work.

Muza's *hobbies* are: gardening, mushroom gathering, and Nordic walking.